



HOME ECONOMY PAGE

No. 2. Clothing and Food Saving Places



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A CATECHISM ON FOOD ECONOMY

Compiled in the Department of Chemistry of the College of Hawaii

- Q. What is food economy?
A. Food economy is meeting the physiological requirements of quantity and variety of food at a minimum cost.
- Q. What are the physiological requirements?
A. Material to replace that lost by the constant breaking down of the body tissues; and material which will yield energy when oxidized by the vital processes.
- Q. What substances are required to replace the body waste?
A. Chiefly proteins—a class of compounds containing nitrogen which make up the greater part of the body, exclusive of the bones and water.
- Q. What foods are especially rich in proteins?
A. Animal foods like lean meat, eggs and certain vegetable foods, like beans and peas.
- Q. How much protein is required per day?
A. Many investigations have been made to answer this question; some showing how much people really eat; some showing how much they must have to maintain bodily weight and vigor. Taking an average of men and women, and children over ten years, we may consider 75 grams—about three ounces—as ample.
- Q. Why does the body need energy?
A. We cannot get something for nothing—if we do work and maintain the body warmth we must have fuel, like any other machine.
- Q. What are the body fuels?
A. Any food constituents which will oxidize with the oxygen we breathe in and yield energy. They are chiefly the carbohydrates—starch and sugar—and the fats; to a lesser degree the proteins also.
- Q. How are the fuel values determined?
A. By measuring the amount of heat a given food will produce when completely burned.
- Q. Have we any reason to suppose that these values will be given to the body by the physiological combustion of these same foods?
A. Yes. Men have been kept for days in an apparatus where all the work and heat developed by the body were measured and the fuel value of all food accurately determined.
- Q. How is the fuel value of foods expressed?
A. In Calories (a Calory is the amount of heat required to raise the temperature of 1000 grams of water 1 deg. Centigrade, or about 4 lbs. of water 1 deg. Fahrenheit).
- Q. How many Calories are required per day?
A. An average of 2500 Calories per day would be ample.
- Q. Is variety in food necessary?
A. Yes. Experiments and experience prove that a single food is not adequate—what is lacking in one is made up by another.
- Q. Are fresh vegetables and fruits necessary?
A. The maintenance of the best health requires that fresh vegetables and fruits form an important part of the menu.
- Q. What foods give sufficient protein and calories for the least cost?
A. Cereal products and legumes as shown in the table below.
- Q. Do the figures given mean that a pound and a half of flour costing 9 cents would furnish enough of both energy and protein for a day?
A. Yes.
- Q. Why not use that alone?
A. Animals fed exclusively on one grain do not thrive.
- Q. Does it mean that in order to get enough protein from rice alone one would have to use more calories than necessary, or to get enough fuel from beans one would take an excess of protein?
A. Yes. These inequalities furnish one reason for combining various foods in a diet.

Article	Cost per Lb.	To furnish 2500 Cal. Lbs.	Cost	To furnish 75 gms. Pro. Lbs.	Cost
CEREAL PRODUCTS:					
Flour	\$.06	1.52	\$.09	1.51	\$.09
Rice	.07	1.54	.10½	2.08	.14½
Corn Meal	.05	1.51	.07½	1.61	.08

(Continued on page six)

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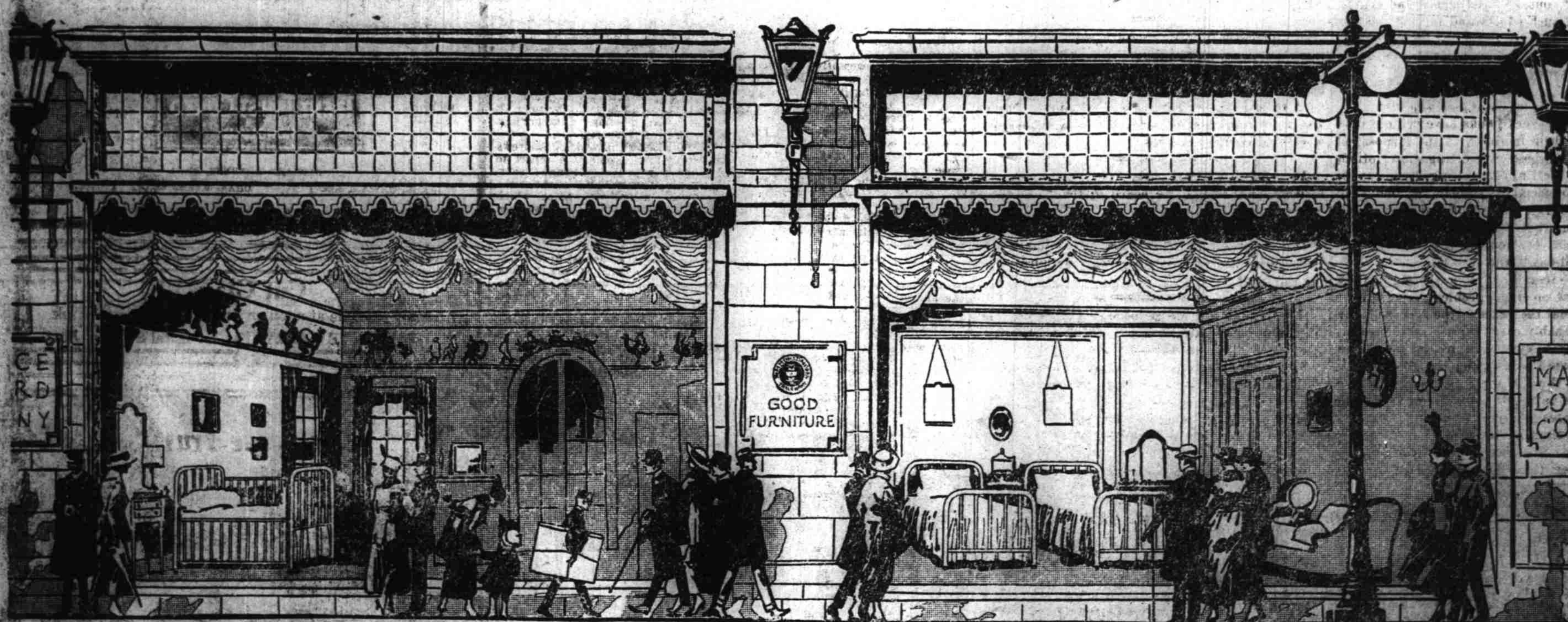
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